

Siena Village Staff

Main Office: (201) 897-5400
Office Hours: 8 a.m. to 4 p.m.

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Beauty Parlor
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Security Guard
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Maintenance Reminders

Apartment Inspections: Please note apartment inspections will not take place in December. Inspections will resume in January 2023.

Extermination Schedule

- Building 1, floors 1 and 2 and all common areas:
Third Monday of the month
- Building 2, floors 1 and 2:
Second Monday of the month
- Building 2, floors 3 and 4:
First Monday of the month

Service is a visual inspection alternating between the kitchen/bathroom and bedroom. A Maintenance team member will accompany the exterminator. Residents should be present for the exterminator. Please call Rolando Diaz with questions at (201) 897-5402.

What to Know about Snow?

Snow plowing takes place during snowstorms of two inches or more. We will contact you to let you know when to move your car into a visitor parking space so that your parking space can be plowed. Once you move your car, you will need to move it back to your assigned parking space in a half hour. Moving resident vehicles into visitor parking before a storm is prohibited. If you do not move your car, it may result in an additional expense. To have your car cleaned and moved by staff, sign the log book by 8 a.m., place your car keys and a \$20 check made payable to "CHCC at Wayne LLC" in a designated envelope, and give it to our community coordinator, Isabel Galindo, at the main lobby desk between the hours of 8 a.m. and 4 p.m. Keys will not be accepted outside of those hours or by any other staff. Sidewalks and common areas will be plowed and shoveled before parking spaces to allow emergency vehicles access to the building. Please do not follow the plow truck in order to have your space cleared sooner.



A Lovely Community Thanksgiving Celebration!



Patty Pang, Frieda Gallaway, Anne DePasquale, Ewa Jurasz, Gil Paradiso, Ken MacDonald, Dottie Mathez



Lucy Carlone, Lois Larson, Amy Scott, Jim Tully, Ginny Acar, Mary Ann Braga, Dorine Pelosi, Terry Squadrito

Holiday Reminders

Decorating

For your safety, live holiday foliage, such as live wreaths and trees, are not permitted. Please use the heavy-duty magnets you received when you moved in when decorating your apartment door. Remember not to hide your name and apartment number with door decorations.

Packages

The holiday season is quickly approaching. With this in mind, please remember to pick up your packages in a timely manner in order to help make space for incoming deliveries. Thank you for helping us keep the package area organized.

Gift Giving

Please be reminded Christian Health has a policy that prohibits employees from accepting gifts, including monetary tips. If you would like to express your appreciation for the efforts of our staff, please consider making a tax-deductible contribution to the Christian Health Employee Fund. Make checks payable to the Christian Health Foundation, marked for the Employee Fund, and mail them to the Christian Health Foundation at 301 Sicomac Ave., Wyckoff, NJ 07481.

Service Coordinator's Corner

Free Exercise Classes

Kim Martin, OTR/L, leads free chair exercise classes that focus on chair aerobics and stretching to help seniors maintain cardiovascular health, strength, and flexibility. Classes will take place at 2 p.m. on Wednesdays in the Founders Great Room on December 7, 14, 21, and 28.

Cards for Hospitalized Kids: Thursday, December 8, at 2 p.m. in the Founders Great Room

Join us for an enjoyable and meaningful afternoon of card making. Children who are ill and in the hospital can feel particularly sad during the holidays. Let's brighten up their day, even for a bit, with a supportive message. **Call Karen Clemente, Service Coordinator, at (201) 897-5404 to sign up!**

Christmas (New) Toy Drive: Main Lobby

The mission of the Toys for Tots program is to collect new unwrapped toys and distribute those toys to less-fortunate children at Christmastime. Please help to brighten a child's holiday by contributing to this worthy cause. Place toys in the bin located in the main lobby. **The last day for collection is Thursday, December 8, so Santa will have time to pack his sleigh!** Thank you in advance for your generosity.

Blood-Draw Clinic: Thursday, December 8, at 10 a.m. in the Founders Great Room

The Valley Hospital will hold a blood-draw clinic on the above date. Sign-up is required and will be in The Valley Hospital binder in the lobby. Residents will need their Medicare card with ID number, driver's license or other form of photo identification, and a prescription from your doctor. You will be required to complete a form for the first time. Results will be sent to your prescribing physician.

Blood Pressure Clinic: Thursday, December 15, from 10 a.m. to noon in the Founders Great Room

Registered nurses from The Valley Hospital will hold a monthly clinic. Following blood pressure checks, an "Ask the Nurse" session will be held for answers to general medical questions you may have.

Reminder! Please Pick up Your Package Deliveries in a Timely Fashion

The holiday season is quickly approaching, and your treasures will be arriving in bulk. We would appreciate your assistance to keep the package area neat and organized. Retrieving your parcels soon after you have been notified of delivery will be quite helpful. Thank you in advance for your cooperation!

Welcome to Siena Village of Wayne

Julia "Judy" Booth, Apartment 2135

Julia is the mother of three grown children and has two grandchildren. She grew up in Paterson, New Jersey, and lived in Totowa, New Jersey prior to moving to Siena Village.

Steve Rypkema, Apartment 2438

Steve worked as a handyman before retiring and is the father to three children. He grew up in Ho-Ho-Kus, New Jersey, and resided in Midland Park prior to moving to Siena Village. Steve enjoys doing puzzles, reading, hiking, and traveling.



Did You Know? Facts for Older Adults

Feeling the Holiday Blues? Some Simple tips to Combat Those Feelings

The holiday season is often associated with joy, connection, and celebration. But for many individuals, December can bring sadness and isolation – especially for older adults. Sometimes memories of lost loved ones, having family far away, or not feeling well enough to take part in festivities can make the holidays especially difficult. Don't let the blues dampen your enjoyment during a time of the year when many celebrate and give thanks!

If you or a loved one is feeling down this winter, there are practical steps you can take to keep spirits up.

Notice any changes in mood: Is your energy lower than usual? Are you feeling a little sad or lonely? Acknowledge your feelings and let them out. It is OK and perfectly normal to feel a bit down during the holiday season. Becoming aware of your feelings is the first step to finding relief.

Reach out to family, friends, or neighbors: Sharing feelings of sadness or difficulties with someone who truly hears and empathizes without judgment can be very healing. Connecting with others is one of the most effective ways to avoid the blues during the holiday season and to lift your mood with a conversation or a laugh.

Stay active: Despite the tendency to feel tired and uninspired when we are feeling blue, one of the most effective ways to combat sadness is to take on some form of exercise or physical activity. Exercise has been proven to improve symptoms of depression in older adults and can also boost memory and cognitive performance. Any type of physical activity that you enjoy will be a fantastic to improve your mood.

Find help: Do not forget that if you find yourself persistently sad, lethargic, and anxious or if you are experiencing other symptoms of depression, seek professional help immediately.

Take the Chill Out – Cover Your Air-Conditioner

Air-conditioners will be covered starting on Tuesday, November 2, and will be completed by December 20. Cost is \$5 per air-conditioner. If you would like your air conditioner(s) covered, place a check in the rent box made payable to "CHCC at Wayne LLC" with "air-conditioner cover" noted in the memo line. An envelope is not necessary. The area in front of the air-conditioner must be clear of any furniture or household items. Schedule for covering air-conditioners will be determined by Maintenance; you do not need to be at home. If you have any questions, please contact Rolando Diaz at (201) 897-5402.

Resident Committee

Meeting: Monday, December 5, at 7 p.m. in the Founders Great Room

Radio City Tribute Holiday Spectacular: Tuesday, December 6, Doolan's Shore Club of Spring Lake Bus leaves at 10 a.m. from the main lobby.

Accessory Sale Donations: Thursday, December 15, from 1 p.m. to 4 p.m. in the Founders Great Room

Friday, December 16, Accessory Sale, 10 a.m. to 4 p.m. in the Founders Great Room

Save the Date – Bunco: Sunday, January 15 Donations of new gifts are being accepted for Bunco on Mondays, 1 p.m. to 3 p.m. in the Library.

Special Events

de Snoep Winkel Pop-Up Gift Shop: Friday, December 2, from 11 a.m. to 3 p.m. in the Founders Great Room

Scarves, jewelry, accessories, home décor, Dutch specialty treats, and more will be available for purchase.

Christmas Tree Lighting: Friday, December 2, at 2 p.m. in the Founders Great Room

Holiday Party: Tuesday, December 13, at 5:30 p.m. in the Founders Great Room (see enclosed flyer for details.)

Armchair Travel: Thursday, December 29, at 1:30 p.m. in the library.

Cruise the Mediterranean, from Barcelona to Athens, with stops in the French Riviera, Rome, and more. Let's explore the ins and outs and pros and cons of cruising while savoring iconic sights and romantic island getaways. Not enough? How about a visit to Madrid?

Afternoon at the Movies

2 p.m. in the library

Friday, December 9, Max Lucado's "The Christmas Candle" (PG) In the village of Gladbury, it's believed that every 25 years an angel comes on Christmas Eve, bearing a miracle for one of the residents. Starring Hans Matheson, Samantha Barks, and Susan Boyle.

Friday, December 23, "The Bells of St. Mary's" (NR) Good-natured Father O'Malley (Bing Crosby) is sent to help the financially struggling St. Mary's Academy, run by Sister Benedict (Ingrid Bergman). As the two bicker, they collaborate to save the school in this feel-good Christmas movie.

Please call Karen Clemente, Service Coordinator, at (201) 897-5404 to sign up for all Special Events and movies.

Ongoing Activities

Silver Circle Knitting Club: Mondays in the library from 1 p.m. to 3 p.m.

Please join in for an afternoon of knitting to benefit Linda's Hats for Hope.

Men's Club: Wednesdays in the Building 1 game room from 12 noon to 3 p.m.

Enjoy a friendly game of cards and pleasant conversation and make some new friends. Contact Ken MacDonald at (973) 997-2950 if you are interested in participating.

Book Club: First Thursday of the month in the library at 2 p.m.

If you would like to participate, contact Peggy Becker at (973) 646-8484 – maximum of 12 people.

Story Time: First and third Tuesday of the month at 3:30 p.m. in the library.

Join in for a unique hour of sharing life experiences through stories. Please call Janet Lasky at (973) 406-6515 with any questions.

Bingo: Thursdays in the Founders Great Room at 7 p.m.

Join the game, make new friends, and have some fun.

Heart-to-Heart: 6:30 p.m. in the Founders Great Room

A Message from Rehab

December is here, and winter is on its way. As colder temperatures set in and the chance of inclement weather increases, there are some things we can do to stay safe and healthy.

- Listen to local weather reports to be prepared for any inclement weather and dress warmly by layering breathable fabrics, wearing a waterproof jacket or coat, and covering your nose and mouth with a scarf to protect your lungs.
- Watch for black ice and avoid walking through snow or slush.
- Prepare for power outages by keeping your cell phone charged and having a flashlight and extra batteries, nonperishable food and bottled water, and an adequate supply of medication.
- If you drive, remember to check your battery, antifreeze levels, tire tread and pressure, and wiper blades/fluid. Keep emergency supplies, including a blanket, first-aid kit, and scraper/shovel, and consider a subscription to AAA or Roadside Assistance.
- Protect yourself against colds and the flu by washing your hands, covering coughs and sneezes, getting plenty of sleep, staying hydrated, avoiding crowds or wearing your mask when out in public areas, and getting your flu shot/COVID-19 vaccine.
- Fight winter depression by keeping in contact with family and friends, staying active/socializing, and checking on your neighbors and friends.

As always we encourage you to reach out to us if you feel you could benefit for any of our therapy services. You can contact Kimberly Martin at 201-848-5915 with any questions.

Faith Talk

Greetings Siena Village residents! You are invited to **Faith Talk** on Tuesdays at 1 p.m. in the library with Rev. Anthony Matias, Chaplain for Christian Health. Faith Talk is a time to pray, learn, share, and connect with your neighbors of different backgrounds, cultures, and denominations. Join me as we conclude our journey through the Minor Prophets of the Old Testament (Hebrew Bible), discussing how they remained faithful to God in the midst of the political, religious, and communal upheaval, along with preparing for this Advent and Christmas season. Be blessed, merry Christmas, and happy New Year! Please note: Special Christmas Service with Communion to be held by Rev. Anthony Matias and Rev. Phyllis Palsma on Tuesday, December 20, at 1 p.m. in the library. Faith Talk will be canceled on Tuesday, December 27.

Rosary/Mass

Tuesday, December 20, at 1:30 p.m. Rosary in the Founders Great Room Mass immediately following




Sharing Jesus

First and third Wednesday of the month at 10:00 a.m. in the library Please join Ann Pope in sharing your testimonies and/or be uplifted by those of others as we honor Jesus for all He is and has done for us, proving that it is possible to have a personal relationship with God.



DECEMBER 2022



Sun	Mon	Tue	Wed	Thu	Fri	Sat	
				1 Toys for Tots Collection Main Lobby (before Thursday 12/8) Book Club 2 p.m.-Library Bingo 7p.m-Founders Great Room	2 De Snoep Winkel Pop Up Gift Shop 11 a.m. to 3 p.m. TREE LIGHTING 2 p.m. Founders Great Room		
4	5 Silver Circle Knitting 1 to 3 p.m. Library Story Time -3:30 p.m. Library Resident Meeting 7 p.m. Founders Great Room	6 Doolan's Shore Club Trip Bus leaves 10 a.m. Main Lobby Faith Talk 1 p.m.-Library Heart to Heart 6:30 p.m. Founders Great Room	7 Sharing Jesus 10 a.m. Library Exercise Class -2 p.m. Founders Great Room Men's Club -12 p.m. to 3 p.m. Game Room-B1, F2	8 Blood Draw Clinic 10 a.m.-Founders Great Rm. Cards for Kids 2 p.m. Founders Great Rm. Bingo 7p.m-Founders Great Room	9 Afternoon at the Movies The Christmas Candle 2 p.m.-Library	10	
11	12 Silver Circle Knitting 1 to 3 p.m. Library	 FOUNDERS GREAT ROOM 5:30 p.m.	14 Exercise Class -2 p.m. Founders Great Room Men's Club -12 p.m. to 3 p.m. Game Room-Building 1, Floor 2	15 Blood Pressure Clinic 10 a.m. Accessory Donations 1 p.m. to 4 p.m. Bingo 7p.m All Above in Founders Rm.	16 Resident Committee Accessory Sale 10 a.m. to 4 p.m. Founders Great Room	17	
18		19 Silver Circle Knitting 1 to 3 p.m. Library Story Time -3:30 p.m. Library	20 Special Faith Talk Communion 1 p.m.-Library Rosary/Mass 1:30/2p.m. Founders Great Room	21 Sharing Jesus 10 a.m. Library Exercise Class -2 p.m. Founders Great Room Men's Club -12 p.m. to 3 p.m. Game Room-Building 1, Floor 2	22 Bingo 7p.m-Founders Great Room 23 Afternoon at the Movies The Bells of St. Mary's 2 p.m.-Library	24	
25		26 Silver Circle Knitting 1 to 3 p.m. Library	27 No Faith Talk 1 p.m.-Library	28 Exercise Class -2 p.m. Founders Great Room Men's Club -12 p.m. to 3 p.m. Game Room-Building 1, Floor 2	29 Armchair Travel The Mediterranean & Madrid 1:30 p.m.-Library Bingo 7p.m-Founders Great Room	30 	31